

**NEW NOVEMBER 2013 MEETING OF THE MINDS SHOW ON-AIR NOW**  
**By Karen Zarsadiaz-Ige, Public Information Officer II**



A new episode of the 10-minute monthly Los Angeles County Department of Mental Health's (LACDMH) *Meeting of the Minds* show is available for viewing on the department's website, Facebook page and YouTube channel. To view it from your personal computer at home, search for "LACDMH PIO" on Facebook and YouTube. *Meeting of the Minds* is also broadcast on the LA County Channel, available through your local Los Angeles area cable provider.

Funded by the voter-passed Mental Health Services Act (MHSA), the monthly show informs residents about the latest news related to mental health and LACDMH. The show features three segments: News, Message from the LACDMH Director (Marvin J. Southard, D.S.W.) and Walk the Talk.

The news segment features the latest mental health-related information and stories. In this month's Message from the Director segment, Dr. Southard will talk about stress and how it affects veterans as well as the importance of allowing veterans to seek help if they need it. This month's final segment, Walk the Talk, is a one-on-one discussion with Vaughn Harris. Harris' story is proof that it's never too late to turn your life around. He shares his story of being a drug user, in and out of jail, for forty years before he realized that he wanted to take control of his life. In 2000, he got clean and sober. Now, he's dedicated to helping others by telling them about his own journey of hope, wellness and recovery.

As part of LACDMH's anti-stigma and social inclusion campaign, *Meeting of the Minds* reinforces the Department's mission of *Hope, Wellness and Recovery*.

Archived shows of *Meeting of the Minds* will be available on the LACDMH website as well as on the LACDMH Facebook and YouTube pages.

